Build a Plant-Based Plate

A simple way to build a meal

Half: vegetables

Fill about half the plate with vegetables or fruit. Mix colors.

A quarter: grains or starch

Rice, pasta, bread, potatoes or oats give energy and keep you full.

A quarter: protein

Beans, lentils, chickpeas, tofu, tempeh or peas.

A little healthy fat

Nuts, seeds, avocado or a drizzle of olive oil.

Flavor

Herbs, spices, garlic, lemon or lime and a splash of soy sauce make simple food taste great.

Talk to a professional

A plant-based diet needs planning for some nutrients, such as vitamin B12. A doctor or registered dietitian can advise you.

Tip: Cook a big pot of beans or grains on the weekend and mix and match.

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